

# Addiction Peer Support Group

*YOU MAY ONLY BE one person  
but you can be ONE person who makes a  
difference...*

People who have lived experience with alcohol, opioids and drug addictions helping each other maintain their sobriety.

- PCHS Calgary provides peer support services to the South Asian community
- People in recovery voluntarily gather together to receive and provide support by sharing knowledge, experiences, coping strategies and understanding
- Peer Support enhances the process of developing a Wellness Recovery Action Plan.
- Social interaction and feeling supported can contribute to a healthy recovery
- The Addiction Peer Support group connects people who have faced, endured, and overcome adversity and can offer useful support

**THE GROUP RUNS VIRTUALLY EVERY WEEK  
ON WEDNESDAY 6:00PM- 7:00PM**

If you would like more information or would like to register please contact us at 587-999-9312 or the Peer Support Coordinator at (587)582-8788 or e-mail [sarbjit.sodhi@pchscalgary.com](mailto:sarbjit.sodhi@pchscalgary.com)

We thank our community for your ongoing support